The Top 9 MUSCLE & STRENGTH BUILDING EXERCISES

(For everyone!)



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WELCOME

WELCOME
WELCOME

Pssst...

Do you want the secret to getting real body-sculpting and strengthening results in the LEAST amount of time?

What about more mobility and strength in your daily life?

More energy and a faster metabolism?

Then you're in the right place, because ...

the exercises in this guide will help you make that happen!



We've compiled a list of the BEST exercises you can do to get into serious shape, fast...

... no matter what your current fitness level is or what your goals are.

To help you do it, we've also included 3 proven circuit workouts you can do to get even better results in a shorter amount of time.

And if that sounds too good to be true? You'll find out how it's all possible as we dive into the details later on in this guide.



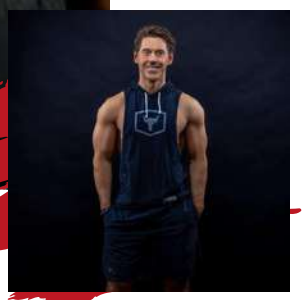
At 180°Fitness we help men & women embrace who they are - flaws and all - and give them the courage to unveil the beauty, confidence and strength that already exists within them.

We hope this guide helps you not only reach your goals faster, but shows you just how much YOU can truly achieve!

Want a sneak peek into how we've helped 1000's of others just like you do this?

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Lets get strong!



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WHY I CHOSE THESE EXERCISES

Each exercise in this ebook was handpicked for a specific reason, but they have a few things in common.

They involve multiple muscle groups — which makes them "compound" exercises to help you get stronger faster AND give you a more intense workout.

They mimic activities you do in everyday life, like lifting, pushing, pulling, and carrying.

They burn more calories because they use your body's biggest muscles. That means they can challenge your cardiorespiratory system and burn more fuel (calories) than exercises that isolate 1-2 muscles at a time.

Each exercise can be modified so that it works for YOUR body and YOUR fitness level. Of course, a qualified coach can always help you find the best exercises to help you reach your goals.



TRAINING

MOVEMENTS VS. EXERCISES

Here's a mindset shift that can help you get even more out of your exercises. Instead of thinking of them as simply exercises, think about them as movements that help you live your daily life.

Here are some real-life examples of how the exercises in this guide mimic your everyday movements:



- **Squatting**
  Getting out of a chair
- **Deadlifting**
  Picking something up from the floor
- **Overhead Press**
  Putting something on a shelf or overhead compartment, or lifting your child overhead!
- **Chest Press**
  Pushing open a heavy door
- **Pull-Up**
  Lifting your body up
- **Woodchop**
  Loading or unloading your dishwasher
- **Row**
  Picking up something and carrying it
- **Suitcase Carry**
  Carrying a heavy suitcase, laptop bag, or sack of groceries
- **Plank**
  While not actually a movement, a plank uses all of your muscles to hold your body in a stable, straight line

WE LOVE OUR AMAZING CLIENTS





Anne D

Lost 45lbs and got into the best shape of her life in just over 6months with bootcamps & Personal Training @ 180°Fitness. She went on to become a trainer herself!

Chantal L

Lost 78lbs and got into the best shape of her life in less than a year with Personal Training @ 180°Fitness

THE TOP 9 MUSCLE & STRENGTH BUILDING EXERCISES

#1 THE SQUAT

This exercise deserves the top spot because it works all the muscles you need to get up out of a chair and MOVE!



HOW TO DO IT

Stand tall with your feet shoulder-width apart, your toes angled slightly outward.

Keep your eyes gazing straight ahead as you lower your butt down and backward, as if you were about to sit on an invisible chair.

Then, pressing your feet into the floor, stand back up. A good goal is to squat until your thighs are parallel to the ground.

TIPS

- Avoid "folding" your chest forward toward your thighs
- Don't round your back
- Be sure to keep your knees aligned with your feet – not caving in or falling outward
- If you feel like you might fall backward, place a chair behind you and squat until you feel the chair against your backside

#2 THE PULL-UP

It might seem like pull-ups work only your upper body but they require a lot of core strength, too.



HOW TO DO IT

Stand under a chin-up bar, reach your arms overhead, and grasp the bar with your palms facing away from you.

Cross one leg over the other to stabilize your legs and brace your abs as you pull your shoulders back and down (avoiding shrugging your shoulders up during this exercise).

Pull your body up by bending your elbows and pulling them toward your sides. Keep pulling until your chin is level with your hands or the bar. Pause for 1 second and then slowly lower back to your starting position.



TIPS

- To make pull-ups easier: Use an assisted pull-up machine or a resistance band under your feet or knees.
- Try doing “hangs” from a pull-up bar to increase your flexibility, strength, and mobility around your shoulder joint to help keep your shoulders healthy. Simply grasp a pull-up bar and “hang” from it (you also can do this with your weight supported on a chair or box).

#3 THE OVERHEAD PRESS



This is one movement many people struggle with as they get older, so getting (and staying) strong with it now may help you prevent issues in the future.

HOW TO DO IT

Grab a barbell or two dumbbells with your hands. Hold the weight at about collarbone height, your hands slightly wider than shoulder-width, your palms facing away from your body.

Brace your abs, squeeze your butt, and press the weights toward the ceiling. NOTE: If you're using a barbell, you'll have to tilt your head back slightly to make room for the bar to travel upward.

When the weight is at the top, double-check that your abs and glutes are still engaged so that your lower back doesn't arch. If you're using a barbell, return your head to a neutral position at the top of the move.

Lower the weight back down to shoulder height. Barbell users, move your head back again slightly so the bar doesn't hit you on the way down.

TIPS

- Make sure you breathe
- Don't bend your wrists
- Because this can be a challenging exercise for many because of shoulder tightness, listen to your body and use lighter weights if necessary

#4 THE DEADLIFT



There are dozens of deadlift options, but they all have one thing in common: they use the muscles of the posterior chain (back of the body) to lift the weight. It can help to focus on the muscles you are using as you perform the movement (hamstrings, glutes, and back).

HOW TO DO IT

Stand behind a weight (barbell, kettlebell, or dumbbell) with your feet about shoulder-width apart. Set yourself up with good posture from the ground up: knees soft, abs engaged, back and shoulders aligned.

Sit your hips back, bend your knees slightly, and lean your braced torso forward so that you can reach down for the weight.

Grab the weight and, as you lift, push your feet into the floor, standing up tall, bringing the weight with you, arms straight but not locked. Squeeze your glutes at the top of the movement.

Then, slowly begin to return the weight to the floor, bending your knees and sitting your hips back as you lower the weight, keeping it close to your body. Be sure to keep your back flat.

TIPS

- Keep your back flat (do not arch or round it)
- If you have a hard time reaching a barbell or dumbbell on a floor, position it on a raised platform so that you can lift with good form
- It can be useful to work with a coach help can help you find your personal proper deadlift form, especially if it's a new movement for you

#5 THE CHEST PRESS



The chest press is a powerful movement that can help you build your pushing and carrying muscles.

There are a couple of things to keep in mind with this exercise: getting the weights safely in place both before you start and after you finish your set, and making sure that you can safely lift the weights.

When in doubt, use a spotter or work with a 180°Fitness Coach!

HOW TO DO IT

Hold two dumbbells and lie back on a flat bench with your feet on the floor (or a raised platform if your feet don't reach the floor), arms extended toward the ceiling. Your palms should be facing forward.

Pull your shoulders down and back so they are in contact with the bench. Inhale and slowly lower the dumbbells downward, in line with your mid-chest.

Exhale and press the weights back to the top.

Keep your head, shoulders, and butt in contact with the bench during the entire movement, and your feet on the floor or platform.

TIPS

- Grip the weights firmly
- Try to relax your shoulders slightly so that your chest does the bulk of the work
- Avoid arching your back to power the weight up

#6 THE ROW



Rows target the strong muscles of your back, and they can also work your core, shoulders, and hamstrings.

HOW TO DO IT

Holding a barbell in both hands or a dumbbell in each hand, stand with your feet hip-width apart, your knees soft and slightly bent.

Hinge at the hips (send your hips toward the back wall) until your chest is parallel with the floor. Your back should remain flat.

Lower your weight toward the floor until your arms are straight. Pull your shoulders down and away from your ears, shoulder blades together and abs braced.

Bend your elbows as you pull the weight back toward your hips, keeping your elbows near your body. Slowly lower the weight back to the starting position.

TIPS

- Use an underhand grip (palms facing forward) to help focus the work on your mid-back muscles
- Keep your core braced during the entire set of work
- Make sure you breathe

#7 THE WOOD CHOP



Most of our movement during our workouts is done in what's known as the "sagittal" plane of movement – i.e., forward and backward movements.

The woodchop takes you out of that plane of movement into the rotational "transverse" plane, which is how most of us move in our everyday lives.

This makes the woodchop an incredibly functional exercise that will help strengthen your core muscles, boosting your ability to move in every direction.

HOW TO DO IT

Stand in a split-stance position with your left foot slightly forward of your right. Hold a medicine ball or dumbbell in both hands.

Pull your shoulders down and back and contract your abs to brace your core.

Slowly rotate your arms with the medicine ball upward and to the left, as if you were reaching toward something on a shelf behind you.

Rotate your arms down and across your body to the right, ending so that the weight is between your hip and knee (as if you were chopping wood). Hold for a moment before returning to the starting position.

Repeat for a few reps, and then do the movement on the other side (right foot forward, reaching up and behind on the right side).

TIPS

- Make it easier: Keep the weight or ball closer to your body and keep your legs relatively straight
- Make it challenging: Extend your arms so the weight is farther away from you, and bend your knees as you pivot down

#8 THE SUITCASE CARRY



One movement that often gets overlooked during workouts is one of the most functional everyday actions: Carrying things!

All of us have to pick up heavy items (or even grocery bags) and carry them from time to time.

These exercises help with core strength, grip strength, and endurance.

HOW TO DO IT

Hold a dumbbell or kettlebell in your non-dominant hand. The weight should be heavy enough so that it feels challenging without forcing you to hunch or bend over as you move.

Standing tall with your abs braced and shoulders pulled down and back, walk 10-20 steps forward and then turn around to walk back to your starting position.

Be careful not to rush - the idea is to work with good form.

When you return to the starting position, place the weight on the floor or a bench. Take a short break and repeat on the other side.

TIPS

- Be sure to keep your head, neck, and back straight
- It can be tempting to use wraps or other grip aids during this exercise - don't do it if at all possible, because grip strength is linked with longevity and long-term health

#9 THE PLANK

It's true that the plank isn't really a movement, but it definitely is a compound exercise due to the fact it requires all your muscles to work together.

It is a great way to build core strength and endurance - both of which will help make your whole body stronger and more functional in your day-to-day life. It will also help your workout performance.



HOW TO DO IT

Lie on your stomach on the floor with your elbows near your sides and under your shoulders, your palms down and facing forward.

Brace your core muscles and contract your legs to lift your body up off the floor, supported on your elbows and toes.

Double-check your alignment so that your shoulders are over your elbows, and that your body forms a straight line from the top of your head to your heels.

Make sure you breathe, and hold for 60-90 seconds (work up to this amount of time). Slowly lower back to the starting position.

TIPS

Here are a few common form problems:

- Sagging or arching your lower back
- Lifting your hips up too high
- Shrugging and sagging through your shoulders

3 SAMPLE MUSCLE-BUILDING MINI-CIRCUITS

These circuits can be done as standalone workouts or as part of a longer exercise session. If you're short on time, these mini-circuits will help you get the job done, fast.

Be sure to warm up thoroughly before hitting the weights, take breaks as needed, and cool down afterward to let your heart rate return to normal.

1

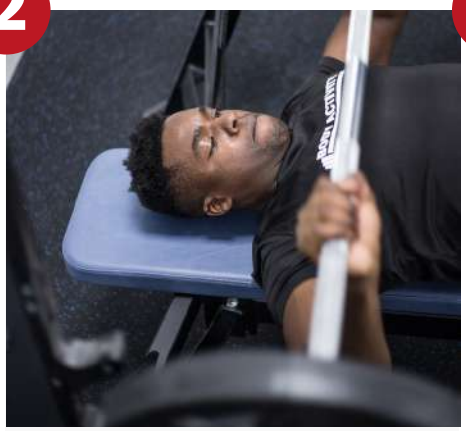


POSTERIOR CHAIN CIRCUIT

Complete 3-5 rounds

- 10 Deadlifts
- 10 Pull-ups
- 10 Rows
- 1 minute rest

2



POWER CIRCUIT

Complete 3-5 rounds

- 10 Squats
- 10 Chest Press
- 20 Steps of Suitcase Carries (each side)
- 2 minute rest

3



CORE + SHOULDER CIRCUIT

Complete 3 rounds

- 10 Overhead Press
- 10 Woodchops (each side)
- 60 second plank
- 2 minute rest

WHAT ABOUT OTHER EXERCISES?

Love biceps curls or triceps extensions?
Want to do crunches or other core work?
Looking to target your glutes with leg lifts?

You can still do these exercises, which focus on isolating specific muscles.

BUT if your goal is to get major muscle-building results, don't make isolation exercises the *focus* of your workouts.

Isolation exercises target only one muscle or muscle group at a time, which means they don't give you as many muscle-boosting benefits.



INSTEAD...

- *Do isolation exercises AFTER you do the "big lifts" movements we've included in this guide*
- *OR do 1-2 less intense workouts during the week where you focus on isolation exercises*

A qualified coach can help you create a custom program with both compound and isolation exercises that will help you reach your goals — safely and efficiently.



Results That LAST A LIFETIME

Ready for your "after" picture? 180°Fitness has helped 1000's of PEOPLE get theirs!

Our system @ 180°Fitness works because we combine metabolism-boosting workouts with Meal Plans designed around your lifestyle coupled with time-tested custom coaching protocol ... The 3 pillars Fitness, Nutrition & Accountability... oh and we make it FUN too!

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- Experience better skin
- Imporved confidence
- And more!

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- Proven meal plans - no more guesswork!
- Weekly action plans & challenges
- Coaching to help you through the rough spots
- Accountability

Ready to take your NEXT STEPS?

At 180°Fitness, our mission is to help our clients feel fit, healthy and strong in ways that work with their lifestyle

We do this by Educating, Empowering, & Enriching the lives of our clients by providing the best information, products, and services possible in the three pillars of fitness, nutrition, and accountability.

Nathalie B



Down 35lbs & 11% Body fat!

Thanks to Adrian and the 180° Fitness for this journey! Your support and inspiration made it possible! After the 6 month program I dropped 35 lbs of fat, 11% body fat and gain 4 lbs of muscle and now have ton of energy to play with my kids!! Love the mindset sessions and the nutrition tips on top of a great team of trainers at the gym. I would recommend it to anyone who is ready to take care of themselves!

WAYS TO WORK WITH ME

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The Ultimate Weight loss/Transformation System including everything from Fitness, Nutrition, Mindset & Accountability

PERSONAL TRAINING CANADA DAY SALE!

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We'd love to be part of your fitness/wellness journey.



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